

#OAFICongress24

**OaFi**  
OSTEOARTHRITIS  
FOUNDATION  
INTERNATIONAL

**AECOAR**  
ASOCIACION ESPAÑOLA  
CON LA OSTEOARTRITIS  
Y LA ARTROSIS

#TakeCareOfYourJoints  
**Solidarity Congress**  
**AGENDA**



# MUCH MORE THAN PATIENTS

**8<sup>th</sup>**   
**OaFi**  
Osteoarthritis  
**PATIENTS**  
WORLD CONGRESS

**October**  
**23, 24 & 25**

**L'illa Auditorium**  
**Barcelona**



# Welcome!

We are more than patients. It is not just about treating the disease, but about seeing the whole person: their needs, their concerns and their overall wellbeing. An informed patient is a patient who can actively and consciously make decisions about their treatment and quality of life. During this eighth edition, we will continue to demonstrate that osteoarthritis and osteoarticular pathologies do not define us, because we are much more than patients.

**Thank you all for joining us at #OAFICongress24!**

## Host

**Txe Arana**, communicator and professional broadcaster, host of OAFI Radio&TV

## Scientific direction

**Dr. Josep Vergés**, President and CEO OAFI Foundation

## Language

Spanish and English (simultaneous translation)  
You can ask for your receiver at the entrance.

You will be asked to leave your ID card, don't forget to pick it up at the exit later.

**CET timetable**

With the scientific endorsements of:



# Workshops&Activities

# 02

## 01

Wednesday 23

Outdoors



### Early Diagnosis and Prevention Campaign, in Comitas e-Health mobile units

9:00-18:00

As part of the 'Early diagnosis and prevention of osteoarthritis and osteoporosis' campaign, try the Comitas e-Health mobile units **free of charge**, which, in coordination with OAFI's solidarity clinic, will bring the diagnosis to you, wherever you are.

This gentle, ancient exercise will help you improve flexibility, reduce pain and strengthen your joints, all in a relaxed environment tailored to your needs. Take care of your joint health while enjoying the benefits of Tai Chi!

### Workshop. Tai Chi for all ages

Ms Montse Serlavós, Tai Chi teacher  
13:40-14:00



## 02

Wednesday 23

Outdoors

## 03

Thursday 24

Stands



### Cardiovascular Campaign. Check your cardiovascular health

Ms. Mercè Faraudo, Nurse specialised in heart failure  
10:00-13:00

Patients suffering from osteoarthritis tend to have a higher number of cardiovascular risk factors such as obesity, hypertension or diabetes. Find out the state of your cardiovascular health and the likelihood of cardiac risk **for free**.

Physical activity is essential to maintain mobility, reduce pain and prevent joint stiffness. In this workshop you will learn tailored exercises that will help you strengthen your joints safely and effectively.

### Workshop: Move for your joints! They deserve it

Ms. María José Rivas, physiotherapist, Mad'or  
18:10-18:45



## 04

Thursday 24

Auditorium

## 05

Friday 25

Auditorium



### Workshop. Yoga adapted to your joint health

Mr. Juan Antonio Giménez, expert in physical activity for the elderly and special populations, Cuidate DIR.  
13:10-13:45

Yoga is an excellent tool for improving flexibility, strengthening joints and relieving pain. In this workshop, you will learn postures adapted to your needs that will help you maintain mobility and general wellbeing.

# DAY 1 Wednesday 23

# 03

## 9:00h Door opening and welcome

Pick up your congress bag!

## 9:30h Opening: Welcome to #OAFICongress24!

- Dr Gloria Gálvez, Secretary of Health Care and Participation, Department of Health, Government of Catalonia
- Ms Marta Villanueva, Councillor for Health, People with Disabilities and Strategy against Loneliness, Barcelona Town Hall
- Mr Steven Taylor, president & CEO, Arthritis Foundation, USA
- Dr Josep Vergés, President and CEO, OAFI Foundation, Barcelona

## 10:05h Patients move the world: The OA Patients Force

*Moderator: Ms. Nina Martínez, Director R&D, OAFI Foundation, Barcelona*

- Mr Steven Taylor, president & CEO, Arthritis Foundation (AF, USA)
- Ms Elsa Silva, Portuguese League Against Rheumatic Diseases (LPCDR, Portugal)
- Ms Françoise Alliot Launois, Association Française de Lutte Anti Rhumatismale (AFLAR, France)
- Dr Maritza Quintero, Pan American League of Rheumatology Associations (PANLAR)
- Dr Josep Vergés, OAFI Foundation and AECOSAR, Barcelona

## 11:00h Will artificial intelligence help us with osteoarthritis?

Ms Marta Manso, Business Development, SermesCRO, Madrid

## 11:35h The robotic solution that adapts to the needs of the elderly (video projection)

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## 11:40h Break: visit the stands!

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## 11:55h Cell therapy and regenerative medicine: not everything will do!

Dr Sol Ruiz, Head of the Biological Products, Advanced Therapies and Biotechnology Division, Spanish Agency for Medicines and Health Products (AEMPS), Madrid

## 12:30h TriAnkle: printing your tendon and cartilage

*Moderator: Dr Jose María Villalón, Medical Services, Atlético de Madrid, Madrid*

- Dr Lluís Quintana, Corporate Manager, Viscofan Bioengineering, Germany
- Ms Nina Martínez, Director of R&D, OAFI Foundation, Barcelona
- Dr Gil Rodas, medical services, FC Barcelona, Barcelona

## 13:05h No more falling in the bathroom

Mr Daniel Morata, President and Founder, Renoveduch, Alicante

## 13:40h Workshop: Tai Chi for all ages

Ms Montse Serlavós, Tai Chi Instructor, Barcelona

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## 14:00h Break: visit the stands!

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- 15:00h Pain and nutrition: a look at SPMs**
- Dr Malena Hawkins, PhD in paediatric endocrinology, medical director, SolutexCorp, Madrid
  - Dr Laura Isabel Arranz, PhD in nutrition, pharmacist and dietician-nutritionist, Barcelona
- 15:35h Chronic pain: How does the smoker patient suffer from it?**
- Dr Luis Miguel Torres, President of SEMDOR, Pain Unit, Hospital Puerta del Mar, Cádiz
  - Ms Marina Berneda, patient, Barcelona
- 16:10h Intervention in joint health in Ibero-American community pharmacy**
- Mr Jesús Gómez, Community Pharmacist, President of the Society of Scientific and Professional Community Pharmacy (SOCFIC), Barcelona
- 16:45h Break: visit the stands!**
- 17:00h Osteopenia: Multidisciplinary DELPHI Consensus**
- Dr Rafael Manuel Micó Pérez, vice-president of SEMERGEN, Valencia
  - Dr Jose Luis Baquero Úbeda, CSR, IR and Access Coordinator, OAFI Foundation, Madrid
- 17:35h Building a strong future: prevention and early diagnosis of osteoporosis**
- Dr Daniel Martínez Laguna, doctor specialising in family and community medicine, CAP Sant Martí de Provençals, Barcelona
  - Ms Sandra Toril, patient, Madrid
- 18:10h How to cope with fibromyalgia**
- Dr Mayte Serrat, doctor UAB, physiotherapist and general health psychologist, President CIM Project. Head of Fibrowalk therapy USSC Hospital Vall D'Hebron, Barcelona
  - Ms Carolina Diaz, patient, Barcelona
- 18:50h End of day 1**



# DAY 2 Thursday 24

## 9:00h Door opening and welcome

Pick up your congress bag!

## 9:30h OAFI's R&D: making the road ahead

Ms Nina Martínez, R&D Director, OAFI Foundation, Barcelona

## 10:05h Health and economics: a divergent reality

Prof Santiago Niño Becerra, economist, professor, Universitat Ramon Llull, Barcelona

## 10:40h Obesity: morbidity and co-morbidity in osteoarthritis

- Dr Inka Miñambres Donaire, doctor specialising in endocrinology and nutrition, Hospital de la Santa Creu i Sant Pau, SEEN representative, Barcelona
- Ms Silvia García Díaz, Clinical Nurse Expert in Rheumatology, Moisès Broggi Hospital Complex, Barcelona

## 11:15h Barometer of chronic pain associated with osteoporosis

- Dr Dolores Navarro, Trustee of the Grünenthal Foundation, Director of Patient Participation and Empowerment, Hospital Sant Joan de Déu, Barcelona
- Dr Jose Luis Baquero, General Secretary and Scientific Advisor, AECOSAR, Madrid

## 11:55h Break: visit the stands!

## 12:30h Nutritional approach in the different stages of ageing: a view from the nursing homes

Dr. Fermín García, specialist in geriatrics, national medical director of Ballezol Group, Valencia

## 13:05h Natural improvement of the joints through microbiota

Dr Ingrid Möller, rheumatology doctor, director of the Poal Institute of Rheumatology, Barcelona

## 13:40h Break: visit the stands!

## 15:00h Much more than patients: the voices of OAFI

- Ms Maria Teresa Vergés, Head of Patient Division, OAFI, Barcelona
- Ms Sandra Toril, patient, Madrid
- Ms Mónica Finol, patient, Madrid
- Ms Ana Garona, patient, Bilbao
- Ms Gema Español, patient, Alicante
- Ms Maria José Molina, patient, Santa Cruz de Tenerife

## 15:35h Can knee and hip replacements be delayed?

Dr Josep Vergés, President and CEO, OAFI Foundation, Barcelona

## 16:10h Let's talk about menopause and osteoarthritis

Dr Jose Luis Neyro, doctor specialising in obstetrics and gynaecology, president of the Ibero-American Society of Osteology and Mineral Metabolism (SIBOMM), Bilbao

## 16:45h Break: visit the stands!

**17:00h** **Your body, your cure: The regenerative medicine revolution against osteoarthritis**

- Dr Enrique del Cojo, specialist in anaesthesiology, resuscitation and pain treatment, coordinator of the Pain Unit and the Anaesthesiology and Resuscitation Service, Hospital Quironsalud Cáceres
- Ms Isabel Ruiz, patient

**17:35h** **Gold for pain relief: strategies for low back pain**

Dr Marcelo Tegiacchi, doctor specialising in acupuncture, traumatology and orthopaedics, Barcelona

**18:10h** **Workshop: Move for your joints, they deserve it!**

Ms Maria José Rivas, physiotherapist, Mad'or, Barcelona

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**18:45h** **End of day 2**

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# DAY 3 Friday 25

## 9:00h Door opening and welcome

Pick up your congress bag!

## 9:30h The therapeutic benefits of seawater: what is thalassotherapy?

- Dr Andreu Palazón, doctor specialising in general surgery, Madrid
- Mr Joaquín Farnós, director of Thalasso Clinic Palasiet, Benicàssim

## 10:05h ARTRO360: informed and empowered patients

- Ms Esther Gil, Strategic Direction of Primary and Community Care, Department of Health of Catalonia, Barcelona
- Mr Ferran Esteve Monreal, physiotherapist APiC, CAP Gatassa-Mataró, Barcelona
- Dr Silvia Narejos, Director of Research and Innovation, EBA Centelles, Barcelona
- Dr Josep Vergés, President and CEO, OAFI Foundation, Barcelona

## 10:40h Hand osteoarthritis: therapeutic gloves

- Dr Ingrid Möller, rheumatology doctor, director of the Poal Institute of Rheumatology, Barcelona
- Humberto Calvo, patient

## 11:15h The classic question: arthritis or osteoarthritis?

Dr Pedro Santos, rheumatology doctor, scientific director of BIOMAB, Colombia

## 11:50h Break: visit the stands!

## 12:05h Don't be fooled! The importance of good legal advice

Mr Alfons Catena, Lawyer and Executive Director, SENIOR IURIS, Barcelona

## 12:40h High-frequency Magnetotherapy: speeding up your recovery

Mr Roberto Poppa Alcaraz, Physiotherapist, Head of Physiotherapy Department, Storz Medical España, Barcelona, Spain

## 13:15h Workshop. Yoga adapted to your joint health

Mr Juan Antonio Giménez, expert in physical activity for the elderly and special populations, responsible for the Cuídate Product, DiR, Barcelona

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## 13:50h Break: visit the stands!

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## 15:00h Patient experience: key to the success of health and social care management

- Mr Jordi Pacheco, Coordinator, Patients' Advisory Council of Catalonia, Secretary of Health Care and Participation, Department of Health of Catalonia, Barcelona
- Ms Montserrat Llopis, General Director, Catalan Association of Care Resources (ACRA), Barcelona
- Mr Ignasi Freixa, President, Union of Small and Medium-Sized Residential Homes and Services for Dependency (UPIMIR), Barcelona
- Ms Anna Zarzosa, General Director, Catalan Association of Health Entities (ACES), Barcelona

- 15:35h** **The invisibility of women's health**  
- Ms Marga Lluç, journalist and broadcaster, RTVE, Barcelona  
- Dr Patricia Puiggròs, doctor specialising in anaesthesia and sports medicine, Mallorca

- 16:10h** **The secret of happiness: Exploring our inner selves**  
Venerable Thubten Wangchen, Buddhist monk, founder of the Tibet House of Barcelona, Tibet

- 16:45h** **Pain and insomnia: how to fight it?**  
Dr Eduard Estivill, specialist and international pioneer in sleep medicine, Barcelona

- 17:20h** **Special musical performance**  
Mr Pep Sala, musician and singer-songwriter, Sau

- 17:45h** **Closing and acknowledgements**  
- Dr Josep Vergés, President and CEO, OAFI Foundation, Barcelona  
- Ms Cinta Pascual, President, Catalan Association of Care Resources (ACRA), Barcelona

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**End #OAFICongress24 - Group photo of the attendees**

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**Thank you for joining us for another edition. See you next year at #OAFICongress25!**

## Share your OAFI moments!

# 04

Share your favourite moments from the 8th OAFI Congress with the hashtags **#OAFICongress24** and **#MuchMoreThanPatients** - we'd love to hear from you!



# Partners

Thank you for making it possible

# 05



With the support of:



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